

ence of free fat. Undigested starch granules can only be detected by microscopical examination.

The critic feels that more stress should have been put on the examination of the mouth, especially for the detection of infected tonsils and adenoids, because of their close relation to the alimentary tract and their influence upon it.

In spite of these minor deficiencies, the book may be read with much profit by the pediatrician or general practitioner.

A. E. M.

Hygiene in Mexico. A study of sanitary and education problems. By Alberto J. Pani. Translated by Ernest L. de Gogorza. New York: G. P. Putnam's Sons, 1917. Price, \$1.50.

Just at this time when we are all so much interested in our neighbor to the south, comes a monograph dealing with the life, customs, habits, etc., of the people living in the City of Mexico. This study was evidently prompted by the enormous mortality among the three-quarter million inhabitants of the city. This averages about 46 per thousand from 1895 to 1912, about three times what it is for cities of similar size in the United States and Europe.

The survey gives a most comprehensive insight into the topography, climatology and other physical factors governing the conditions of living; then proceeds to take up the elements that man is responsible for, wages, nutrition, housing, transportation, and, most important of all, education.

The recommendations made are mostly along the line of efficient organization of the sanitary administration and the intellectual, moral and economic improvement of the people.

While such a small volume is rather curt in its enumeration of facts, the writer is to be congratulated on the completeness with which he has portrayed the conditions under which the great bulk of the population struggles. There is that regard for scientific accuracy and balance with, at the same time, a personal note of warmth and real humane interest that distinguishes the work and makes it valuable as a model for studies of similar nature.

The reviewer warmly recommends the book to all who are interested in problems of public health, hygiene, sanitation, and social and educational methods.

G. H. T.

Personal Health; a Doctor Book for Discriminating People. By William Brady. Philadelphia and London: W. B. Saunders, 1916.

We have been much pleased to find a refreshing exception from the usual doctor book in this sane and concise, up-to-date volume. The author treats his subjects in 22 chapters embracing the general and special hygiene of the various parts of the body.

Commencing with teeth and mouth he gives advice on the preservation of the healthy, and treatment of unsound teeth, and issues a brief but strong warning concerning the influence of ulcerated septic teeth upon the general health in accordance with modern views. Emetin is recommended in the treatment of pyorrhea alveolaris; canker and cold sores of the mouth are discussed; the importance of saliva and the salivary glands pointed

out; and the tonsils, as to their value as a protective bar against germ invasions, are considered. Brief remarks on throat infection, the dangers from mouth carriers of disease germs, on tonsillitis or quinsy sore-throat and a final short therapeutic summary closes the chapter. The second chapter is devoted to the ever popular "catching cold," its exclusive dependence upon invading germs and its prevention by isolation or, more correctly, separation. Treating of adenoids and tonsils, their anatomy and pathology, he gives quite a rap on the knuckles of the non-hygienic school teachers for their lack of understanding or action on the laws of ventilation in school rooms. He ends with a word of recommendation of radical operation of both tonsils and for adenoids in advanced cases.

Catarrh as a misnomer for many other ills, as adenoids, polypi, sinusitis, etc., comes in for the next discussion. The various forms of rhinitis and their contributing causes, as overeating and drinking, with consecutive obstruction of the portal system, as well as bad ventilation, are all touched in good order and each one receives intelligent and adequate mention.

Many interesting hints are given in the chapter on the eyes, vision and illumination. It tells in a brief manner of their mechanical and optical physiology and the ordinary pathology, as foreign bodies, conjunctivitis, iritis and ophthalmia neonatorum. Later on trachoma, catarrh, glaucoma, eye-strain and the fitting for glasses, including the various defects of vision, are briefly treated and the use of injurious stimulants and drugs is considered. A few sound words of advice as to conservation of vision and the influence of illumination thereon ends this interesting chapter.

A similar discussion of the auditory apparatus, its anatomy and physiology also gives a condensed abstract of its more common pathology. A very rational airing of the current views on ventilation of our living quarters and their heating by various methods follows, and considerable space is devoted in this chapter to a good-natured criticism of some flagrant contradictions on the acquisition of colds in Rosenau's "Preventive Medicine and Hygiene."

In the eighth chapter attention is paid to the matter of breathing. After ruthlessly destroying a few pet lay theories of breathing and its relation to individual health, the composition of air and atmospheric pressure is told. The effects of high altitude, of increased pressure and of drafts are illustrated, and the effects of warm and cold air discussed. The part which temperature plays in the welfare of individuals is mentioned, the odor and nuisance of decaying matter is reduced to its real value and stripped of popular fear of sanitary injury. Finally outdoor and indoor dust, costal and abdominal breathing and their hindrances by corsets and belts, the influence of climate and the advantage of modern air baths are all included in an able and plain presentation.

The integumental tissues and their functions command the interest for the next chapter. Perspiration, normal and pathological action of the sebaceous glands, the more common skin diseases, the care of the scalp, hair and nails, with recipes for hair dyes and remedies against dandruff and

some of the ordinary ailments of the nails, form the contents of this chapter.

Our clothing and its hygienic influence is the theme of Chapter X. It contains some advice about underclothing, a very sensible warning against coddling, rational objection against hard-banded and unventilated hats, a severe condemnation of corsets and belts and some precepts about shoes and the advisability of rubber heels. A very long chapter, the eleventh, is filled by a talk on digestion, metabolism and nutrition. The definition of hormones and metabolism occupy the initial pages, followed by a forceful warning against overeating and an explanation of the real causes of suffering and pains usually ascribed to indigestion. The digestive index of certain foodstuffs, the test meal and hyperacidity are preliminaries to brief paragraphs on dilatation, ulcer and cancer of the stomach, a discussion on the quantities and character of foods to be eaten at meals and the value of some foodstuffs precedes a short presentation of various pathological conditions as gall-stones, diarrhoea, dysentery, and finally, of piles.

The treatment of constipation by drugs and flushings of the colon, a brief description of mucous colitis, piles, and obstruction of bowels and its causes, as well as an extremely sane plea for the radical operation for rupture, closes this interesting chapter. Auto-intoxication and arterial disease, including the significance of blood-pressure, form the subjects of Chapter XII. The colon bacillus and its pathogenic activities, the causes, symptoms and effect of high blood-pressure, its relation to arteriosclerosis, and the meaning and dangers of this latter condition, as well as remedies and measures directed against the disease, fill its pages. The next chapter, continuing in a similar line, treats the heart and blood. A qualitative and quantitative description of the blood, and of the blood count, to which its various interpretations are added, opens the chapter, then follows a brief mention of the faulty compositions of the blood with a few words about iron as a remedial agent. The heart, its structure and action, its reserve power and some nervous heart disorders and heart poisons, as tobacco, alcohol and some coal-tar products, are discussed at the end.

"What is the import of under and over-weight?" the author asks next and answers it with tables of normal weight and height, and directions for acquiring or losing flesh.

Diet and exercise are recommended as helpful in either case; their variations as to the effect desired, fully and clearly explained and a final warning added against the indiscriminate use of dangerous remedies for obesity.

Disorders of the nervous system, the three great plagues, the inside of the chest, cough, etc., form the contents of the next chapter.

Antenatal care, early discipline as a preventive of the child's acquisition of troublesome and injurious habits, school education not to begin before the ninth year, prohibition of night studies for children under 15 years, insistence upon hygienic school-rooms and school accommodations are all briefly presented with convincing force as necessary conditions for the preservation of the child's physical and mental health. Most of the more common and some of the rarer disorders of the nervous system and the three great plagues, tuberculosis, cancer, and venereal diseases, are briefly treated in a clear and intelligent manner. If I have said intelligent, I must modify the statement as to venereal diseases, for an introductory paragraph under this heading reads as follows: "Our interest in the black peril here extends only to the innocent victims. We shall leave 'the guilty offenders' (the black is mine) to discover the light elsewhere, but surely it is our duty to teach the truth to the innocent victims of

this terrible disease." Evidently the good doctor goes out of his way to brand as criminal any gratification of sex desire that is not sanctified by state or church, a rather puerile view for a twentieth century medical man!

Now tuberculous affections of the respiratory organs receive a brief but sufficient consideration and lead the way to an iconoclastic chapter on personal sanitation. It contains the correct information about the spreading of contagious disease germs and disease carriers, human and otherwise, and some instructions how to avoid infection with aseptic rather than with antiseptic measures.

An eulogistic chapter on the family doctor, gives directions concerning the ethical conduct toward him and leads to a lengthy chapter on miscellaneous major and minor ills, an alphabetically arranged selection of maladies, with remedies for each, a first aid in emergencies and the composition of a family medicine cupboard with the methods of application of a few of the remedies, form the concluding chapters and appendix of this useful and well written book. It deserves very early a second edition and the author may see fit then to add some illustrations to render anatomical and other technical names and terms more intelligible for lay minds.

We have written a rather lengthy review in order to induce our readers to recommend this book to anxious mothers as a sane directive for the educational treatment of the young and the preservation of health, and only regret that we have to point to that paragraph in the "black peril" as the only "black spot" in an otherwise admirable book for its purpose. J. R.

DOCTOR WILLIAM WATT KERR.

AN APPRECIATION.

[Read at a dinner given by some friends on the thirty-fifth anniversary of Doctor Kerr's coming from Edinburgh to San Francisco to practice medicine.]

Fare far your honest, honest face!
Right welcome, ye, in ony place.
God knows ye set a worthy pace
To college proctors,
And for your gentle Scottish grace,
Beloved by doctors.

It's mony a year syne ye cam' West,
Determined then tae do your best,
To cure all ills and pain arrest,
Amang the sickly,
Wi' skill an' wit, I can attest,
Ye did it quickly.

Combining art and science rare,
An' giving a' ye had to spare
To student laddies wheresoe'er
The spot they cam' frae.
"Auld Reekie's" knowledge ye did share
And not unkindly.

Ye cunning diagnostic man!
What need ye for a phlebogram
Or e'en electro-card 'ogram
To mak' ye right?
For a' such things ye care a damn
An' I'm polite.

J. WILSON SHIELDS.